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**December 2019**

## Happy December!

It's hard to believe 2019 is almost over. Keeping your employees safe and continuous training on safety never should come to an end. Winter weather presents hazards such as, slippery roads/surfaces, strong winds and environmental cold. Employers must prevent illnesses, injuries, or fatalities by controlling these hazards in workplaces impacted by winter weather.

As always thanks for choosing AultComp MCO to manage your Workers' Compensation claims. We look forward to working with you throughout 2020 to help keep your claims cost down and quickly return your employee back to work.

We at AultComp MCO wish you and your family a happy holiday season!

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## Carbon Monoxide (CO) Poisoning Prevention

CO poisoning is entirely preventable. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it. When winter temperatures plummet and home heating systems run for hours the risk of CO poisoning increases.

Every year, at least 430 people die in the U.S. from accidental CO poisoning. Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning. There are steps you can take to help protect yourself and your household from CO poisoning.

CO is found in fumes produced by furnaces, kerosene heaters, vehicles "warmed up" in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces.

## How to Recognize CO Poisoning

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

### CO Poisoning Prevention Tips

- Change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.
- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Keep vents and flues free of debris. Debris can block ventilation lines.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine less than 20 feet from an open window, door, or vent where exhaust can vent into an enclosed area.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open.
- If you suspect CO poisoning, call 911 or a healthcare professional right away.

Source: <https://www.cdc.gov/features/copoisoning/index.html>

# Check the Halls for Holiday Safety



- ★ Christmas Trees** – Water trees regularly. Dry trees can burn faster than newspaper. They can be completely covered in flames in seconds.
- ★ Ladders** – Heed warnings on ladders. Tens of thousands of people are treated for injuries related to ladder falls in November and December.
- ★ Cords** – Always look for the marking of a recognized testing lab. Don't overload extension cords and power strips.
- ★ Holiday Lights** – Prevent fires and shock. Throw out damaged or frayed light sets.
- ★ Candles** – Be careful with candle placement. Candle fires cause millions of dollars of property damage each year.
- ★ Decorations** – Avoid sharp, breakable decorations in homes with young children.



## Manager Tips

### Employee Return to Work Policy

An effective return to work policy includes:

- Confirmation that your employee understands the nature and extent of his or her injuries, and present physical limitations.
- A plan to provide reasonable accommodations to permit transition back to work safely, free from unnecessary pain and discomfort.
- Open communication between you, your employee, and the treating physician, to expedite a return to former work duties as soon as medically advisable.
- Written job offer letter that outlines job duties, shift and hours worked, start date.

# BWC Training Opportunities

## Canton Service Office

339 E. Maple St., North Canton, OH 44720

- Dec. 10-11 - Fall Hazards in Construction and Maintenance

To register, click [HERE](#).

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